



U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION



ASTHMA TIPS ARE YOU PREPARED FOR THE WINTER? IF NOT, HERE ARE 10 TIPS TO CONSIDER:

- 1) Follow-up with your asthma care provider to see if you have good lung function presently. This may involve repeat pulmonary function test and/or peak flow rate determinations as well as a physical examination.
- 2) Update your written asthma action plan (AAP). It should be reviewed and revised, if necessary, on an annual basis.
- 3) If you are an older child or adult, ask your asthma provider whether a peak flow meter would be useful to have at home. Medical providers are better able to assist patients when they are able to provide peak flow rates at the time of an asthma flare-up.
- 4) Ask your doctor about steps you should take if you have increased nasal drainage, congestion or symptoms indicative of the common cold. Your asthma action plan should also address your upper airway (i.e., nose and throat), which often influences your lower airway (i.e., your lungs).
- 5) Find out when the influenza vaccine is available and arrange to receive it annually.
- 6) While in with your doctor or nurse, ask to have your inhaler technique critiqued. Flaws can easily creep into your daily inhaler routine. It's important to identify them early and to make the appropriate adjustments.
- 7) Don't forget to review your nasal spray technique if you have a prescribed nasal spray; many patients incorrectly aim them down the throat instead of up and into the nose.
- 8) Review your indoor trigger factors (e.g., indoor mold, dust mite or pet dander) and determine whether more should be done to reduce exposure to them.
- 9) Have your furnace and furnace filters checked in preparation for winter. Air filters should be replaced once a month while in use, unless they have different specifications for the frequency of replacement.
- 10) If you have a home nebulizer unit, check the tubes and mask to see if they need replacement. Be sure also to check the expiration dates of your nebulizer medications. They may need to be refilled. You don't want to be worried about these matters at the time of an asthma flare-up!



Please contact your PCM (Primary Care Manager) for more information.
Central Appointment line is at DSN 243-5352 / COMM 046-816-5352.
USNH Quarterdeck DSN 243-5247 / COMM 046-816-5247